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In the past year, since April, 2012, I have lost 70 pounds. Since 2008, I've lost a total of 110 pounds. My weight loss only became visually noticeable in the last year with the last 70 pounds. It hasn't been just a weight loss change; it started with a psychological change. I was tired of my life as it was. I was tired of being emotionally in a dark place. I was tired of being tired, being unhappy with my appearance and being unhappy internally. Also, my yearly Biometric numbers were awful! A light bulb went off in my head last April, 2012, watching of all things, the Oprah channel, Super Soul Sunday. I realized my life was what I made it. My physical appearance was a reflection of my mental state. I was living under a rock, and I was the reason for my unhappiness; but I had the power to change my life; my attitude, my happiness, and my weight. I challenged myself to go outside of my emotional box, to be more social, friendly, positive, and vulnerable. My quality of life has dramatically changed with the weight loss. I started working on my mental state as I was making physical health changes. I started drinking 64 or more ounces of water a day, trying to make healthy food choices and walking every day. I'm not on a 'diet.' I don't follow any specific diet plan. I just try to eat as healthy as possible, pick healthy snacks when possible and reduce the amount eaten. This will be a challenge for the rest of my life, since I'm a food addict. I'm more positive, assertive, and hopeful for the future. I have a new job, and my ex-fiancé and I have reunited.

If I could make a recommendation to anyone, it would be to first talk to your doctor to set a goal weight, discuss exercise and food choices. Start with one change at a time and incorporate the change for a week or two; then introduce another change into your lifestyle. Take baby steps. Realize this is a change you will need to maintain for the rest of your life. If you are a food addict like me, realize you will eat that king-size snicker bar, once in-a-great-while, so forgiveness is crucial. Accept it and go on.

I participate in the Walk this Way program. I actually enjoy walking. A few of my co-workers have an additional challenge to walk 4,000,000 steps this year. I will make it. I am now challenging myself to walk 1 ½ hours a day. My Biometric numbers are much better. My BMI is just 3 off from being in the acceptable range. The chart said I was overweight this year. I was thrilled! The previous years the charts said I was obese. Next year's numbers will be even better.

I'm not at goal yet, but I'm still working on it. I'm focusing on toning and building muscle mass along with losing the last of my extra weight. It motivates me to walk and track my steps and I love this year's pedometer. I enjoy the Biometric screening process now. It's a guidance tool for me and I give a copy of this to my doctor. Next, I will start working on my other two problem areas: smoking and caffeine. Yes, I will probably use all the tools available with Wellness to kick these two habits also!

